



Photo by Yvonne Johnson

Bavaria comes to APG

The Enzian Volkstanze Gruppe, a Bavarian folk dancing group out of Newark, Del., entertains the audience in the Festhalle tent on Shine Sports Field during the inaugural APG Oktoberfest festivities Sept. 29. Thousands celebrated the first-ever four-day celebration of Oktoberfest on Aberdeen Proving Ground. View more photos on page 11 and on the APG Flickr site at www.flickr.com/photos/usagapg.

Commissary receiving \$7.5 million makeover

By RACHEL PONDER
APG news

The APG Commissary is currently undergoing a \$7.5 million renovation project, which will be completed by the end of the year.

This is the first time the commissary has been renovated since it was built in 1994. According to store director Tammy Spickler, commissaries usually get renovated every 10 to 15 years. A five percent surcharge from all sales is used to cover renovation and other commissary operating costs. New freezers, refrigerator cooler cases and meat cases have already been installed.

Renovations are being completed in phases during this year-long project so that the store can remain open for customers. Spickler said that while the renovations have caused some inconvenience, the payoff will be worth it.

“I appreciate our customers. They’ve been very understanding during this process,” Spickler said. “I am excited that the renovations are almost finished.”

Travis Hontz, a construction superintendent from Summit Construction, said that after renovations are complete the commissary will be more environmentally friendly, with new equipment, lighting and heat and air systems that are more

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ATEC holds first Workforce Professional Development Day

Story and photo by
SANDRA GIBSON
ATEC

Eighty-three US Army Test and Evaluation Command employees came together for the command’s first Professional Development Day held at Top of the Bay Sept. 5.

The professional development mission aims to provide valuable communication techniques for the workplace, effective strategies for managing conflicts professionally, new perspectives on cohesive team building, and solutions for coping with stress in a fast-paced work environment.

ATEC Chief of Staff Karen Taylor said she decided it was important to host the event for ATEC employees at Aberdeen Proving Ground to support the Army’s Profession of Arms campaign – a campaign which she and ATEC Command Sgt. Maj. Allen Fritzsching agree is crucial in developing the workforce.

“The Army has a rich body of knowledge for leader development that provides the foundation for leaders to grow and develop others to perform effectively,” she said. “This professional development training accomplished this through developing their skills and enhancing the expertise and competence of our leaders and workforce. It fur-



Photo courtesy of ATEC

U.S. Army Test and Evaluation Command employees participate in a listening exercise during the first ATEC Workforce Professional Development Day at Top of the Bay in September.

ther developed them as Army professionals.”

To prepare for the event, Dr. Victoria Dixon, the ATEC Equal Employment Opportunity director, and Jody Jackson, EEO manager, traveled to Fort Hood, Texas, in May to participate in the annual Professional Development Day. Fort Hood’s professional development training has proven so successful that attendance has grown from 30 attendees in its first year in 2004 to 180 attendees this year.

During the ATEC PDD, Maj. Gen. Genaro Dellarocco, commanding general of ATEC, and Taylor, gave opening and closing remarks, and Rex Thomas and Jose Saucedo, from the Fort Hood EEO office, were invited as guest speakers. Their subjects ranged from changing workplace culture to redefining new perspectives for a productive and friendly work environment. ATEC Chaplain (Col.) David Hillis spoke on coping with stress in the workplace; Dixon presented topics on successful communication, and Jackson talked about team building and conflict management.

Attendees actively partici-

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Leadership eyes change in Gate 22 Operations

DES

APG residents and personnel have long asked that the Harford Gate (Route 22) extend its hours for the convenience of motorists. The decision was made to maintain the current gate hours (Harford Gate closes at 7 p.m. on weekdays and holidays, and is closed all day on weekends) due to financial constraints.

“Increased hours at Gate 22 amounts to more funding in what is already a tough fiscal environment,” said Chris Ferris, APG’s Director of Emergency Services. “But we do take seriously the concerns of our community and will relook the issue.”

Ferris said the Harford Gate (Route 22) will open from 5 a.m. to 10 p.m. Oct. 8-12 to conduct a traffic survey.

“We will look at usage during the survey period, and other considerations, and the command will determine the feasibility of changing the gate hours in the future.”

WEATHER

Thurs.



78° | 59°

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ICE system
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STREET TALK

What do you do to stay healthy?

Now that I am older I try to stay away from fast food. I eat smaller portions and usually have a salad for lunch.



Lt. Col. David Roberts
Maryland National Guard

I choose baked foods over fried foods and I use sugar substitutes. I also work out in the post gym. On Saturdays I walk six or seven miles.



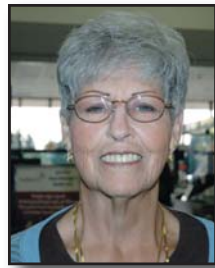
Vanessa Benton
CERDEC employee

I exercise five days a week by briskly walking and lifting weights. I am a mechanic so having upper body strength makes my job easier.



Sgt. 1st Class Roger Hayes
Delaware National Guard

My faith helps reduce my stress. I put God first. I don't drink or smoke. I read food labels and I stay away from junk food.



Pat Nunn
DoD retiree

I recently learned that I have high cholesterol, so I have to change my eating habits completely. I can't eat fatty foods and I have to take medicine twice a day. I also work out 30 minutes a day.



Alexandra Smith
Military spouse

OPINION

Take care of each other, have a safe, great Columbus Day

Columbus Day commemorates the spirit of exploration and the discovery of our great nation. This holiday also provides a prime opportunity for our Soldiers, Civilians, and their Family members to relax and have fun. Whatever your plans, keep safety at the forefront. Know the risks, such as shorter daylight hours, and make the right decisions to ensure you have an accident-free weekend.



If you are traveling, whether on four wheels or two, do your part to protect lives by driving safely. Use your safety gear, watch your speed and avoid anything--drinking, lack of sleep, texting--that compromises your abilities. Check the U.S. Army Combat Readiness/Safety Center's travel risk reduction tool, TRiPS, at <https://safety.army.mil> for more information. On Sept. 27, along with the rest of the Army, IMCOM stood up for life. When it comes to suicide prevention, we are all in the fight together, everyday. Reach out to those facing personal issues. Talk to them and be the one who did the right thing. If you are facing challenges in your

life and think suicide is a solution, please talk to someone. Seeking help is a sign of courage. Prevention information is at <http://www.armyg1.army.mil/hr/suicide/default.asp>. If you have immediate concerns, contact the Suicide Prevention Lifeline at 1-800-273-8255. Command Sgt. Maj. Earl Rice and I thank each and every one of you for your commitment and outstanding service to our Soldiers, Families and Army. Take care of each other and have a safe and great Columbus Day. Army Strong!

Lt. Gen. Mike Ferriter
IMCOM Commander

APG condcuts outreach, inspires local students to pursue STEM education

Sometimes, there's nothing like being around young people when you're looking for a little inspiration. In April, I had the honor of meeting some of our nation's brightest young students right here in the area. They were from Aberdeen and Havre de Grace High Schools -- two schools that had just been awarded grants from the National Mathematics and Science Initiative. These grants will increase the number of students enrolled in advanced math and science classes. On top of that, Aberdeen and Havre de Grace are the first two schools in the state of Maryland to receive this honor. Two words - Mighty Cool. During challenging economic times like these it can be hard to believe there are still great career opportunities for young people, but the truth is there are. The Department of Commerce reports that in the past 10 years, the demand for science, technology, engineering and mathematics, or STEM, talent increased three times faster than those in non-STEM areas. That trend is expected to continue. So, the more we encourage students in their pursuit of STEM, the more we'll reap the rewards of a technically-skilled workforce. In fact, I look forward to the day when some of the students I met are working aboard APG. As most of you know, Aberdeen Proving Ground has become a home of innovation and a center of gravity for science and technology in support of America's Soldiers, and in defense of our nation. As we continue to enhance our capabilities at APG, we increasingly rely on new STEM talent, for the inno-



Inspiring students to pursue STEM education is crucial to the future of the Army and our nation, and it has been a focus of both our installation and the local community. Major General Robert S. Ferrell
Commander, U.S. Army

vative solutions that give our Soldiers the decisive edge. Inspiring students to pursue STEM education is crucial to the future of the Army and our nation, and it has been a focus of both our installation and the local community. In partnership with the Northeastern Maryland Technology Council, six STEM summits have been held with as many as 100 community, business and government leaders to chart a path for STEM. Working with local school systems, we have provided mentors to schools at all levels, hosted school STEM nights, created math and science camps and hired teachers into our labs to further develop their hands-on technology skills. Through these programs, we reach about 25,000 students in this region each year, with another 15,000 students nationally through the Army-run, RDECOM-hosted, middle school science program called e-CYBERMISSION. This summer has been incredibly busy for the STEM outreach at APG. Hundreds of students participated in STEM camps, mentored by senior scientists and engineers as they gained hands-on experience in fields such as robotics, math, rocketry, chem-bio, forensics, and basic research. On Oct. 20 at Shore Park, APG will provide volunteers and assist in the 2nd STEM Merit Badge Day with the Bal-

timore Area Council of the Boy Scouts of America. Volunteer STEM professionals serving as counselors will help Scouts earn merit badges in one of 16 STEM-related fields. APG will continue to be a leader in workforce and community involvement in the STEM field. STEM awareness and education are ongoing endeavors, and its importance will only increase. The installation's STEM Outreach Team demonstrates this every day. The team, led by Dr. Patrick Baker of RDECOM and Louie Lopez of RDECOM's STEM Office, coordinates and tracks APG's STEM-related activities. There are a number of ways to get involved in APG's STEM outreach efforts. I encourage everyone to support this crucial initiative. For more information on upcoming events, call the APG STEM Outreach Team at 410-278-9858. Supporting STEM education and providing STEM professionals for our nation will help us remain Army Strong!

Maj. Gen. Robert S. Ferrell
Commander, U.S. Army Communications-Electronics Command & Aberdeen Proving Ground

APG SEVEN DAY FORECAST



APG NEWS

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: IMAP-PA, Building 305, APG, MD 21005-5001, 410-278-1153. Printed circulation is 8,900. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer

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Staff

APG Commander Maj. Gen. Robert S. Ferrell
APG Garrison Commander .. Col. Gregory R. McClinton
Acting Public Affairs Officer Adriane Foss
Acting Editor Pat Beauchamp
Contract Photojournalists Yvonne Johnson
..... Rachel Ponder
Graphic Designer/Web Designer Nick Pentz
Website www.apgnews.apg.army.mil

APG celebrates Gold Star Mother’s Day

Gold Star Mother’s Day is observed in the United States on the last Sunday of September each year. It is a day for people to recognize and honor those who have lost a son or daughter in the service of the U.S. Armed Forces.

Aberdeen Proving Ground combined its observance of Gold Star Mothers with the Patriot Day event at the Main Post Chapel Sept. 11. When they arrived, Gold Star Family members were escorted into the Main Post Chapel by Soldiers in dress blue uniforms. During the Patriot Day ceremony Darryl Harris, a Gold Star Family member, read the poem Freedom Isn’t Free and Carol Roddy, president of the Gold Star Mothers Maryland chapter, joined the program’s host, then Brig. Gen. Leslie C. Smith, in a candle lighting honoring Maryland’s fallen service members. Each Gold Star Family member received a long stem yellow rose to honor and commemorate their visit to APG.

Many of the Gold Star Family members who attended the APG event also attended the National Gold Star Family observances in the nation’s Capitol Sept. 30. They included a Gold Star Mother’s Day Service and wreath laying at the Vietnam Wall and at Arlington National Cemetery.

The term Gold Star Mothers was derived from the custom of military families who hung a service flag in their front window. The flag featured a star for each family member serving their country – living members were denoted with blue stars but gold stars honored Family members who were killed while on duty.

The American Gold Star Mothers, Inc. was incorporated in 1929, and received a federal charter from Congress. The organization began with 25 mothers living in the Washington D.C. area and soon expanded to include affiliated groups throughout the nation. On June 23, 1936, a joint congressional resolution designated the last Sunday in September as Gold Star Mother’s Day, a holiday that has been observed each year by a presidential proclamation.

APG Survivor Outreach Services cordially invites Gold Star Family members to the next Gold Star Family Group meeting Oct.18, The monthly meetings are held to help Gold Star Family Members learn about services and resources available to them, as well as to plan recreational gatherings and receive emotional support if needed. The group is made up of survivors of active duty Soldiers, retirees, and military civilians.

The fallen could have been lost through an accident, natural causes, or illness; the death does not have to be conflict-related to be a member. The point is that Gold Star Family Members have a program, time and place set up here at APG just for them.

Please note that APG has a virtual memorial page dedicated to fallen Maryland service members located at <http://www.apg.army.mil/apghome/sites/services/acs/sos/fallenmemorial.cfm>.

We are looking for photographs of the fallen to post on the page. Anyone who has information and/or pictures of Fallen Soldiers from the Maryland area, or who has close ties with Family in the area is requested to contact the Survivor Outreach Service office.

It is the goal and mission of APG and Survivor Outreach Services to ensure that all Gold Star Family members in the area know that whether they are survivors of active duty or retirees that APG and Survivor Outreach Services is and always will be here for them.

For more infomation, contact Annette Sanders at 410-278-2861 or e-mail casandra.a.sanders-nash.civ@mail.mil.

Annette Sanders
APG Survivor Outreach Services

Gold Star ID cards

Because Aberdeen Proving Ground wants to make sure that survivors in the area know that they are important and are always welcome, the installation is providing civilian ID Cards with photos to Gold Star Family members. This easier post access is provided to ensure that anyone who is a Gold Star Family member can attend events or seek services with ease.

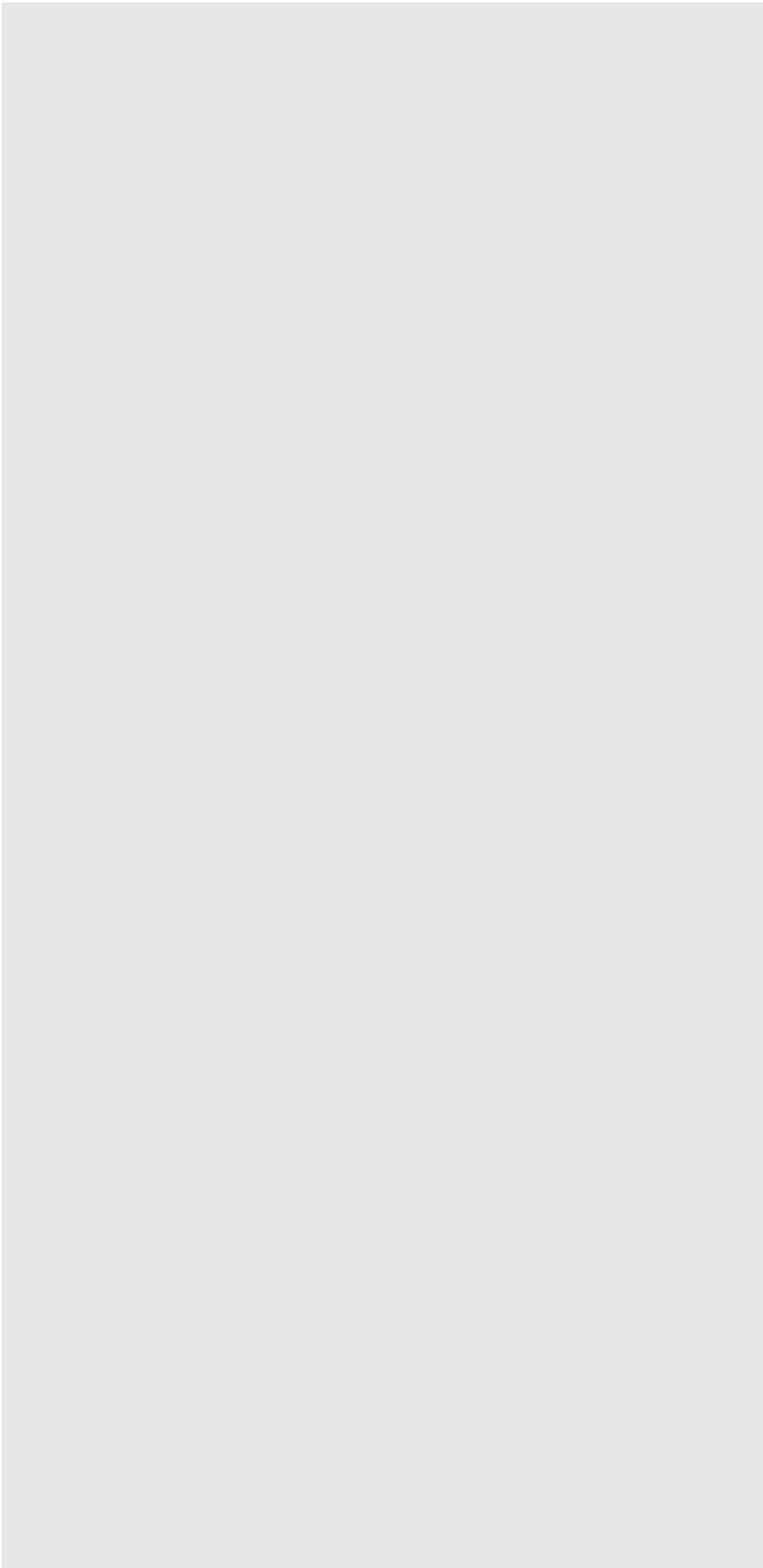
Survivors with APG ID cards must return them before they can be issued a new card. Return old cards to the Survivor Outreach Service office in Bldg. 2503, Highpoint Road, room 109. There, pick up an application for a new card, fill it out and take it to the ID Card Section, on the first floor of Bldg. 4305 on Susquehanna Ave. There is no wait in the ID card section for Gold Star Family members.

For more information, contact Annette Sanders, SOS support coordinator at 410-278-2861 or e-mail casandra.a.sanders-nash.civ@mail.mil.



Photo by Yvonne Johnson

Maj. Gen. Robert S. Ferrell, APG and CECOM commander, and Gold Star Mother Edith Canapp pose together in the chapel gazebo that was dedicated to Gold Star Families during Armed Forces Week in May.



Plumb Point Loop off limits to hunters

The APG Hunting Management Facility wishes to clarify that the Plumb Point Loop area is currently closed to hunting, and anyone found unlawfully hunting in this area is subject to apprehension by Marine and Wildlife law enforcement officers. In addition, there is no hunting at APG on Tuesdays or Wednesdays. The facility distributes year-round hunting information, with allotted times and mapped areas, to registered hunters. Only those registered with the HMF and their approved guests are authorized to hunt on APG. For more information, contact Zachary Van Cleeve at 410-278-4843 or visit the MWR website at <http://www.apgmwr.com>.

Visit APG News online at
www.apgnews.apg.army.mil

Engineering collaboration leads to benefits

By **KRISTEN KUSHIYAMA**
CERDEC Public Affairs

Quid pro quo. That’s the relationship established by the U.S. Army and Rowan University when it comes to their collaborative research in support of the Army and training America’s future workforce.

The Army’s Research, Development and Engineering Command’s communications-electronics center, or RDECOM CERDEC, has established a Cooperative Research and Development Agreement, or CRADA, to work together to advance Army technologies in the areas of mission command, intelligence, surveillance and reconnaissance networks and systems.

Ryan Fillman and Metin Ahiskali, CERDEC Intelligence and Information Warfare Directorate engineers and Rowan University alumni, spearheaded a collaboration agreement between Rowan, located in Glassboro, N.J. and CERDEC I2WD, in which Rowan students take courses, called clinics, to gain exposure to practical applications of engineering.

Typically the clinic courses align with master’s students’ and professors’ areas of research. During the course, graduate and undergraduate students test different systems applicable to Army needs and requirements with the help and guidance of professors and fellow graduate students, said Fillman.

By working with the government the university can fulfill its “hunger” for collaboration, said Dr. Shreekanth Mandayam, Rowan University associate provost for research and executive director of the South Jersey Technology Park.

“Rowan University is driven to engage with government and industry in leveraging the [research and development] capabilities of our faculty and benefitting our students to gain real-world experiences that will enable them to be competitive in the workplace,” said Mandayam, who noted the university also collaborates with other universities, industry members, federal and state agencies, municipalities, local governments, and entrepreneurs.

Many of the technologies students work on are directly applicable to Army programs.

One technology students have had the opportunity to work with since the Spring 2011 semester is the Army’s

Remote Monitoring System, a wireless remote sentry monitoring sensor that can be left unattended for years, which sends information over far distances to Soldiers at a base station. Rowan students worked on automated calibration procedures for the RMS.

“The calibration is important in improving the direction finding accuracy of the system,” said Fillman. “Rowan’s research has improved the calibration accuracy as well as automated it.”

Students will continue working on the RMS calibration project during this school year, and a graduate student will do a thesis related to the project, said Fillman.

“The students get real world experience that will be applicable after graduation,” he added.

Working with the students also gives CERDEC the chance to look at “up and comers” for possible jobs, said Mark Farwell, CERDEC I2WD Cyber ISR team lead.

“Not only does this CRADA allow I2WD to collaboratively research areas important to the Army, it also allows us the opportunity to offer these students job opportunities as they become available,” said Farwell.

The Army and university association with research and technology is beneficial not just to the organizations for the purpose of building a stronger workforce and making advancements but to the students and faculty as well.

“When students engage with faculty in their research enterprise, they are provided with unique opportunities to

expand their work experience and will enable them to compete for jobs, not only with the U.S. Army but elsewhere in government and private industry,” said Mandayam.

The feedback from students has been positive according to Dr. John Schmalzel, professor of electrical and computer engineering at Rowan University.

“Students are enthusiastic about having the opportunity to work on this project,” said Schmalzel. “It involves state-of-the-art tools and methodologies, demonstrates the nature of the type of problems that are important to an important industry, application sector; provides the opportunity to work with engineers whose skill sets closely match theirs; and may provide opportunities for post-graduate employment.” said Schmalzel.



Photo by Yvonne Johnson

Knowledge is power

(From right) Army Community Service employees Nancy Goucher, EFMP manager, and Annette Sanders-Nash, Survivor Outreach Services support coordinator, look on as APG employees snatch up suicide prevention, SOS information and giveaways at the conclusion of Suicide Prevention at the post theater Sept. 27.



Photo by Sgt. Thaddeus Harrington, MD ARNG

Bigger wings

The Maryland National Guard 229th Army band, the Adjutant General's own, plays for the military and civilian audience during the Army Aviation Support Facility ribbon-cutting ceremony, Sept. 25, at Weide Army Airfield in Edgewood, Md. The ceremony officially recognized the expansion and renovation of the facility, which supports the aviation units of the Maryland Army National Guard. The expansion added nearly 100,000 square feet to the original structure, allowing for six additional CH-47 Chinook parking points, increased storage and office space, classrooms, a physical fitness area, and modernized shops to support Army aviation and maintenance. The project also renovated more than 38,000 square feet of the existing building.

Security is everyone's responsibility

By **RACHEL PONDER**
APG News

Many activities by terrorists and criminals can be prevented with simple security precautions.

Chief of Operational Security Joe Kaffl said that members of the APG community need to always be aware of their surroundings and look out for suspicious activity.

"The threat landscape in national, local and specifically at APG is in a constant state of fluctuation, with new sophisticated threats and concerns emerging," Kaffl said. "Awareness is key; everyone plays a critical role in defending against these threats. We are very dependent on the

workforce to be alert and report any suspicious activity or suspected surveillance to the police desk."

Kaffl said that when you see a suspicious activity, report it immediately. Don't waste time getting a second opinion from friends or Family members.

"Failure to report suspicious activity in a timely fashion has resulted in successful attacks by terrorists," Kaffl said.

Suspicious activity includes, but is not limited to:

- An individual loitering, walking through or suspiciously observing government buildings, people or activities who has no valid reason to be in that area.

- A stranger asking unusual, personal, or detailed questions regarding the installation or other military facilities, personnel, buildings or activities.
- A person taking pictures or making sketches of personnel or buildings.
- An unusual, oversized or inappropriately parked vehicle, particularly in the vicinity of a large group of people, building or special event.
- An abandoned parcel or suitcase
- Suspicious, oversized or unusual mail. Mail that you are not expecting is particularly suspect.
- Signs, speeches or conversations which suggest violence toward established authority, leaders, or ethnic or political groups.
- Persons emotionally expressing feelings of being under attack, harassed or targeted by some other group or person.
- Persons repeatedly blaming others for some problem and advocating violence as a solution.

Kaffl said that when an individual sees a suspicious activity they should closely pay attention to details, without putting themselves at risk. Individuals should not intervene or try to stop an illegal activity.

If you see a suspicious activity, describe any people involved by name, sex, age appearance and clothes. Also provide the time of day, location of the activity and include a description of any vehicle including make, model, type, color, distinguishing features, license number. Describe packages by type, size, color, distinguishing marks. Describe the nature and details of any conversations or messages.

Report suspicious activity immediately to the APG Police in APG North (Aberdeen) at 410-306-2222; in APG South (Edgewood) at 410-436-2222, or anonymously at <http://www.apg.army.mil/apghome/sites/directorates/DPTMS/iwatch.cfm>.

Kimberly Williams is the Family Advocacy Program Specialist/Installation Victim Advocate with Army Community Service.

Williams provides advocacy services/options and counseling to survivors of domestic violence and sexual assault and prevention education classes on domestic violence, sexual assault and child abuse to military and civilian organizations on the installation.

Williams said that during October, Domestic Violence Awareness Month, information tables detailing prevention and local resources will be set up in the lobbies of Kirk U.S. Army Health Clinic and the APG North (Aberdeen) recreation center.

She said the best part about her job is working with her clients.

"It is very rewarding to see a client leave my office feeling better than



Kimberly A. Williams
Family Advocacy Program Specialist

when they first came in. Providing empathy, information, and really listening to someone when they need to talk can go a long way."

Williams is located in Bldg. 2503 High Point Road in APG North (Aberdeen). Her office hours are 8 a.m. to 4:30 p.m., Monday through Friday. For more information, call 410-278-2435; e-mail Kimberly.a.williams250.ctr@mail.mil; or visit <http://apgmwr.com/community/acs.html>.

Store to become more efficient

Continued from Page 1

energy efficient. These changes are compliant with the Defense Commissary Agency's current energy conservation policies, standards, and regulations which is part of DeCA's "go green" initiative.

"These changes will cut energy costs, saving the commissary money in the long run," Hontz said.

Additionally all of the checkout lanes will be expanded from 36 inches to 42 inches, making them handicapped accessible.

The front of the store will feature two cases for "grab and go" items like sandwiches, salads and dips made fresh daily.

"These items are frequently requested by customers who have short lunch breaks," Spickler said.

Additionally, the flooring has been remodeled with resilient vinyl composition tiles, or VCT, which is designed to withhold heavier traffic. Outside of the store, a new sidewalk will be installed.

About the APG Commissary

Commissary authorized patrons include active duty, Guard and Reserve members, military retirees, Medal of Honor recipients, 100 percent disabled veterans, and their authorized Family members. Visit www.commissaries.com for more information.

"Authorized customers can save as much as 25 to 30 percent on their overall grocery bill," Spickler said.

The commissary is located in building 3400 on Aberdeen Boulevard and Springfield Street. Customers can provide feedback by contacting Spickler or the store administrator, Diane Mann, at 410-278-3101. Customers can also email Spickler at tammy.spickler@deca.mil. Store hours are Tuesday 9 a.m. to 7 p.m.; Wednesday-Friday 10 a.m. to 7 p.m.; Saturday 9 a.m. to 6 p.m. and Sunday 11 a.m. to 6 p.m. Tuesday-Friday the store opens at 8 a.m. for early bird hours, during which customers can purchase 20 or fewer items. The commissary is closed on Mondays.

ATEC offers professional development training

Continued from Page 1

pated in various mini-exercises including one that centered on communication and how people hear things differently. Sheets of white copy paper were passed around and attendees were instructed to close their eyes and follow the verbal instructions given by the facilitator, such as folding the sheet in half and tearing it in different locations. When

everyone opened their eyes, they were astonished to see that no two sheets were exactly the same.

Dixon, the last speaker of the day, spoke at length on how to deal with difficult people and encouraged attendees to address their own personal communication challenges.

"Good communication opens doors," said Dixon. "Poor communication closes them."

ATEC budget analyst Talita Sanders, who participated with employees she works with on a daily basis, agreed.

"It opened the door to dialogue at my particular table about perhaps uncomfortable topics that normally wouldn't be addressed," she said. "That resulted in a small but better understanding about each other."

Overall, the PDD was well received and attendees expressed satisfaction

with the training offered.

"This training was well organized, well executed, and a successful event," said Monica Webb, facility manager. "The ATEC family should continue having these 'family meetings' at least once a year."

Webb may get her wish. Taylor said she would like to offer the training at least twice a year.

CFC season continues through Dec. 14

By **RACHEL PONDER**
APG News

APG kicked off its 2012 Combined Federal Campaign season with a celebration, training session and local charity fair at the APG Post Theater Sept. 25.

This year’s CFC theme is “Together, We Will Make a Difference.”

According to its website, **www.opm.gov/cfc/**, CFC is the world’s largest and most successful annual workplace charity campaign, with more than 200 national and international CFC campaigns that raise millions of dollars each year. Pledges made by federal civilian, postal and military donors during the campaign season, Oct. 1 to Dec. 14, support eligible non-profit organizations that provide health and human service benefits throughout the world. Chesapeake Bay Area donors can choose from more than 4,000 local, national and international CFC charities.

During the CFC kickoff celebration CFC Chairperson Tom Johnson said that he was excited to meet the challenges that come with the appointment. This year, APG’s goal is set at \$650,000. Last year APG employees donated \$635,718.91 to CFC.

“I encourage everyone at APG to come together and work as a team to make this year’s campaign an even bigger success than last year,” said APG Garrison Commander Col. Gregory McClinton during his remarks.

McClinton also challenged all key workers to ask every government and military employee for a donation.

“The program and its beneficiaries rely on your commitment and dedication. We cannot succeed without you, so please know that we are here to support you in those efforts. Team APG will help you get the job done.”

Chair of the Local Federal Coordinating Committee Sally Good-Burton said that she considers CFC to be a wonderful benefit to Federal employees, because it allows employees to donate easily with a payroll deduction. Also, donors can feel comfortable and confident giving to CFC because the charities go through a stringent screening process before they can be listed as a CFC charity.

Good-Burton added that this year the Chesapeake Bay Area’s website, **www.cbacfc.org**, allows people to make donations by using their credit and debit cards.

Loaned Executive Melanie Farmer, from the Chesapeake Bay Area Combined Federal Campaign, concluded the event by singing “Save the World” by Yolanda Adams.

For more information about the CFC

program, contact your organization’s key worker or Johnson at 410-278-6456.

About CFC

Federal employees can make donations to CFC by check, credit card, debit card, cash, or payroll deduction. The Chesapeake Bay Area CFC Online Pledge System, available on **www.cbacfc.org**, is open 24 hours a day, seven days a week to civilian and military

personnel. Temporary personnel, retirees, reservists, and contractors are permitted to donate to CFC by cash, credit card or check only. Although key workers cannot solicit contractor employees working at APG, contractors are permitted to contribute to CFC by cash or check. Individuals outside the installation may also contribute. Visit **www.cbacfc.org** for the 2012 Contributor’s Guide.



Photo by Rachel Ponder

22d Chemical Battalion safety event

1st Lt. Monique Eddins, from 22d Chemical Battalion (TE) demonstrates how to use a fire extinguisher during the 22d Chemical Battalion’s 3rd Annual Safety Day at Bldg. E1942 Sept. 26. The theme for the event, hosted by the unit’s Safety Office, was “Emergency Response & Support Services for our Troops.” During the event, Soldiers and their Families interacted with fire, police, state and federal response agencies and various APG support divisions.

MARK YOUR CALENDAR

THURSDAY

OCT. 4 JOB FAIR SLATED

The Susquehanna Workforce Network will host the 24th Annual Harford County Job Fair 2 p.m. to 6 p.m. at the Richlin Ballroom, 1700 Van Bibber Road in Edgewood. Combine your workforce attraction needs with 29 years of workforce knowledge for a superior recruiting experience. Register in advance online at www.swnet-work.org. Dress for success and bring plenty of resumes. Sponsors include the Harford County Office of Economic Development; APG Army Community Service; Chesapeake Science & Security Corridor, Maryland Department of Labor, Licensing and Regulation; the Harford County Chamber of Commerce and Harford Community College. For more information or accommodations call 410-939-4240.

TUESDAY

OCT. 9 JEOPARDY! SALUTES THE MILITARY

America's favorite quiz show, Jeopardy!, will have a special military competition for full-time, active duty servicemen or women. To qualify, participants need to take an online military test on Oct. 9 at 8 p.m. Eastern Time. Participants must register and log in on the Jeopardy! website before the test begins. It is recommended to log in 15-20 minutes early on the day of the test. Participants will need a high-speed internet connection and a Mac or PC. The online test is not compatible with mobile or tablet devices. For more information including test times in all time zones visit www.jeopardy.com/onlinetests/military/.

WEDNESDAY

Oct. 10 UNIVERSITY OF MARYLAND UNIVERSITY COLLEGE: SPRING SEMESTER STARTUP EVENT

University of Maryland University College (UMUC) is sponsoring a start-up event on Wed., Oct. 10th, from 9 a.m. to 4 p.m. at UMUC'S APG office, Room 210 of the Janet M. Barr Soldier Support Center on Susquehanna Ave. Advisors will be available to help you put together a degree plan and get started on the path to reach your educational goals. As an added incentive, students who make application at this event will have their \$50 application fee waived (not available for Doctor of Management applicants). Please call 410-272-8269 with any questions.

TUESDAY

OCT. 17 NEWCOMERS' ORIENTATION

All newly assigned Soldiers and civilian employees must attend the APG Newcomers' Orientation at the APG-North (Aberdeen) Recreation Center, Bldg. 3326 from 1 to 3 p.m. More than 65 APG community activities and organization representatives will be on hand with literature and handouts and will answer questions about their programs and services.

All members of the APG community are welcome to attend; sponsors are encouraged to bring their family members.

For more information, contact Annette Sanders-Nash at 410-278-9685 or at cassandra.a.sanders-nash.civ.army.mil.

THURSDAY

OCT. 18 BREAST CANCER AWARENESS LUNCHEON

To promote the prevention, early detection and treatment of breast cancer during Breast Cancer Awareness Month, the APG Community Women's Club and the Mid-Atlantic Chapter of Women In Defense (WID) will host a "Fifty Shades of Pink" luncheon 11:30 a.m. to 1 p.m. at Silks Restaurant in the Bulle Rock Golf Club in Havre de Grace. Military personnel, civilian employees and contractors – male and female – are encouraged to attend. Tickets cost \$18 for members, \$20 for non-member. RSVP by Oct. 10. To register, or for more information, visit the WID Mid-Atlantic Chapter website at <http://www.widmidatlantic.org/Events.html> or contact Heather Couvillon at 443-372-6004.

SATURDAY

OCT. 20 PUMPKIN PATCH

To let every resident know just how much Picerne Military Housing cares

and values them, Picerne will host the third annual Pumpkin Patch on Saturday, Oct. 20 at 2727 Chesapeake BLVD. from 11 a.m. to 2 p.m. Join Picerne for exciting activities for the whole family to include pumpkin picking, face painting, complimentary food, giveaways and more. There will even be scarecrow building. Picerne will provide the hay and all families need to do is bring the clothes!

The event is completely free to all residents living on post. Please call the Neighborhood Office at 410-305-1076 for more information about this exciting event.

RETIREE APPRECIATION DAY SLATED

Team APG will host Annual Retiree Appreciation Day activities 8 a.m. to noon at the APG North (Aberdeen) recreation center Oct. 20. Area military retirees of every branch, their spouses or surviving spouses are encouraged to attend.

Updates on benefits like health care, TRICARE, Commissary, AAFES and Post Exchange privileges, ID cards and Family and Morale, Welfare and Recreation activities and more will be presented. Also, meet and speak with representatives from the Veterans Administration; Social Security Administration; Retirement Services; Chaplain's Office; Staff Judge Advocate; Uniformed Services Family Health Plan; Perry Point VA Medical Center; Kirk U.S. Army Health Clinic; and other activities.

The guest speaker for the event is former Sgt. Maj. of the Army Kenneth Preston.

For more information, contact retired 1st Sgt. Tom Shumate, 410-306-2303, thomas.s.shumate2.civ@mail.mil; or Janet Dettwiler, 410-306-2301, janet.l.dettwiler.civ@mail.mil.

DRACULA

Community members should expect the unexpected during the MWR Theater Group's Oct. 20, 7 p.m. performance of Dracula.

Admission is Free. Not recommended for young children because of adult content. Donations at the door are welcome.

VOLUNTEERS NEEDED FOR BOY SCOUT STEM MERIT BADGE DAY

Aberdeen Proving Ground (APG) will host the STEM Merit Badge Day at Shore Park with the Baltimore Area Council of the Boy Scouts of America. The intent of the day is to explore and potentially earn merit badges in up to 16 STEM categories.

For more information on this event or to volunteer, contact Garrison Operations at 410-278-4500

SUNDAY

Oct. 21 ARMY TEN MILER RACE

Team APG has entered three active duty teams in the Army Ten Miler race which begins 8 a.m. at the Pentagon. The APG teams of 16 personnel consist of one Active Duty Men's Open; one Active Duty Men's Masters; and one Active Duty Mixed Open. Installation commander, Maj. Gen. Robert Ferrell will participate in the Men's Masters division.

In addition friends and supporters are welcome to stop by the APG HOOAH Tent in the Army Ten Miler Hooah Tent Village for a reception for the runners. Alternate slots for Team APG runners may become available. For more information and military alternate slot availability contact usarmy.APG.imcom-fmwrc.list.usagmwr-sports@mail.mil or call Byron Reasin, APG MWR, at 410-278-7933.

WEDNESDAY

OCT. 24 FALL INFORMATION TECHNOLOGY EXPO

APG will host the 2012 Fall Information Technology Expo 9:30 a.m. to 1:30 p.m. at the APG North (Aberdeen) recreation center, Bldg. 3326 Erie Street. More than 50 vendors will display the latest state of the art technologies. This event is free and open to all military, DOD civilians and contractors. Refreshments will be served. For more information or to register visit the Federal Direct Access website at <http://www.fdaexpo.com/register.php?id=108> or call Donna Flemister, FDA, at 410-531-8559.

THURSDAY

OCT. 25 DISABILITY AWARENESS

MONTH OBSERVANCE

Team APG and the Disability Employment Program Committee will host the National Disability Awareness Month observance 10:30 to 11:30 a.m. at the APG North (Aberdeen) recreation center, Bldg. 3326. The guest speaker is Harford County State's Attorney Joseph Casilly, speaking on the theme: "A Strong Workforce is an Inclusive Workforce: What can YOU do?"

The event includes morning and afternoon workshops:

9 to 10 a.m. and 1 to 2 p.m., Classroom 102: "Schedule A Hiring Authority – How Does It Really Work?"

Presented by Jill McClintick, Schedule-A Coordinator, CPAC (25 seats available)

9 to 10 a.m. and 1 to 2 p.m., Classroom 104: "Preparing Children with Disabilities to Move from School to Work"

Presented by Nancy Goucher, ACS special needs manager (25 seats available)

To register for a workshop, contact Tracy Marshall, Installation EO, by Oct. 12 at 443-861-4366 or e-mail tracy.y.marshall.mil@mail.mil.

Sign language interpreters will be available. For other disability-related accommodations, call 443-861-4355.

ONGOING COMBINED FEDERAL CAMPAIGN

The annual Combined Federal Campaign is underway. For a list of charities or to make a contribution, visit https://www.cfcnexus.org/_chesapeake/ For more information, contact Tom Johnson at 410-278-6456 or e-mail thomas.g.johnson5.civ@mail.mil.

CHAPELS NEED EDUCATION COORDINATOR

An Ecumenical religious education coordinator is needed at the APG Post Chapels.

This is a part-time position, beginning tentatively in October and lasting for 12 months. The flexible work schedule consists of 50 hours a month including Sundays. If interested or for more information, contact Gerri Merkel at 410-278-2516 or e-mail caroline.j.merkel.civ@mail.mil.

CPR, AED CLASSES SCHEDULED

The APG Fire and Emergency Services Division of the Directorate of Emergency Services is offering CPR and automated external defibrillator classes in the coming weeks. Two classes will be held the third Wednesday of each month from September through December.

Dates, times and locations are:

■ Oct. 17, 9 a.m. and 1 p.m. at the Edgewood Conference Center, Bldg. E4810

■ Nov. 21, 9 a.m. and 1 p.m. at the APG North Chapel

■ Dec. 19, 9 a.m. and 1 p.m. at the Edgewood Conference Center, Bldg. E4810

Class size is limited to 30 participants.

For more information or to register, contact Mike Slayman, assistant chief of EMS, at 410-306-0566 or e-mail michael.p.slayman.civ@mail.mil.

HUNTING PERMITS ON SALE

APG 2012-2013 hunting permits are currently on sale at MWR Outdoor Recreation, Bldg. 2184, and the APG North (Aberdeen) Hunting Management Facility, building 550B1. For information about hunting at APG, visit <http://www.apgmwr.com/recreation/odr/huntingfishing.html>.

REGISTRATION IS OPEN FOR UNIVERSITY OF MARYLAND UNIVERSITY COLLEGE

Fall classes at APG & HEAT Center. Session 2 10/22/12-12/16/12

*IFSM 300 Information Systems in Organizations - Thursday 6 to 9 p.m.

*HMLS 302 Introduction to Homeland Security - Tuesday 6 to 9 p.m.

*WRTG 394 Advanced Business Writing - Wednesday 6 to 9 p.m.

*HRMN 362 Labor Relations - Monday 6:30 to 9:30 p.m.

*CSIA 412 Security Policy Analysis - Wednesday 6:30 to 9:30 p.m.

* Online Hybrid courses are offered with approximately every other session on-site and the remaining sessions online.

For further information or to register, visit UMUC's APG office in Bldg. 4305, Room 210, or UMUC's HEAT Center office at 1201 Technology Drive, Room 206, Aberdeen or call 410-272-8269/443-360-9136 or visit www.umuc.edu.

REGISTER FOR HCC CLASSES ON APG NORTH

Harford Community College operates a full service education office in Building 4305, the Janet Barr Soldier Support Center, on APG North. The office on APG is open Monday through Thursday and alternate Fridays from 9 a.m. to 5 p.m.. Services are available to all members of the community. Information may be obtained by calling 410-272-2338.

Registration is ongoing for the following fall semester classes on APG North:

Term II class starting Oct. 23 include ECON 102, Microeconomics; BA 246, Legal Environment of Business; ENG 102, Composition and Literature, and BA 210, Business Computer Applications.

APG THRIFT SHOP NEEDS VOLUNTEERS

Are you a retiree, empty-nester or stay-at-home-wife or hubby looking for something to do? With just two hours a week to spare, you can serve your community as a volunteer at the APG Thrift Store. Located in Bldg. 2458 behind the Main Post Chapel, the Thrift Shop offers quality, gently-used items featuring clothing for babies to adults including military uniforms, appliances, electronics, furniture, luggage, kitchenware, toys, knick knacks, books, jewelry and collectibles. And its dollars go right back into the community. So come spend an hour or a day, making new friends while helping your community.

For more information, or to volunteer, call the Thrift Shop during business hours at 410-272-8572.

FIREWOOD FOR SALE

Firewood is now available at a cost of \$20 per level standard 8-foot pick-up truck; \$15 per level standard 6-foot pick-up truck; and \$5 per car trunk load. Permits to buy wood are good for ten days, or until an order is filled, whichever comes first. Loads must be checked at either DES police stations in Bldg. 2200 in APG North (Aberdeen) or Bldg. E4420 in APG South (Edgewood) before exiting post. Permits will be issued on a first-come-first served basis 8 a.m. to 3 p.m. APG South Bldg. E4630 Monday through Thursday. For more information, call Kathy Thisse, 410-436-8789 or Scott English, 410-436-9804.

REPORT POWER OUTAGES TO PICERNE MILITARY HOUSING

During the fall and winter, the weather brings a lot of rain and snow. Often times this can lead to power outages.

All residential power outages should be reported to the Neighborhood Office at 410-305-1076. This will allow staff to determine if the outage is widespread or specific to the home and coordinate the responsible provider to restore power.

In the event a neighborhood office loses power, the phone system may also be affected. If the office cannot be reached, residents should call the following toll-free numbers to report outages and maintenance emergencies. Calls to the toll-free number will directly connect residents to the emergency on-call service.

Aberdeen Proving Ground

Aberdeen Proving Ground:

1-866-958-5412

Patriot Village: 1-866-871-6257

NH Office: 410-305-1076

ECUMENICAL RELIGIOUS EDUCATION COORDINATOR AT APG POST CHAPELS

Part-time position, available tentatively beginning October 2012 for 12 months. 50 hours a month including Sundays. Flexible work schedule. If interested or for more information please contact Ms. Gerri Merkel, 410-278-2516 or caroline.j.merkel.civ@mail.mil.

APG DRIVERS MUST OBEY SPEED LIMITS

APG motorists are urged to obey the speed limit. Drivers should be especially cautious during physical fitness training hours as Soldiers exercise outdoors and conduct PT tests. Pick up the Oct. 11 APG News for the full story.



MORE ONLINE
More events can be seen at www.apgnews.apg.army.mil/calendar.

Triad changes focus of Army medicine

By **LYN KUKRAL**
U.S. Army Public Health Command

In the dust and heat of Afghanistan, an idea that will change the face of Army medicine took root in the heart and mind of Lt. Gen. Patricia D. Horoho, the Army surgeon general.

It was transplanted to home soil and cultivated at a workshop held Sept. 18–21 at Aberdeen Proving Ground. As it matures, the idea will shift the focus of the U.S. Army Medical Command from “a healthcare system to a system for health.”

Horoho’s idea is called the “Performance Triad.” It summarizes a simple truth about human performance and well-being: that all of us—no matter who we are, how old we are, or what we do—need a balance of three things to build and sustain health; sleep, activity and nutrition.

While deployed to Afghanistan in 2011, Horoho noted that many Soldiers suffered from sleep deprivation. It was hard to get more than four hours of uninterrupted sleep. For many, the inability to sleep well for the recommended seven to nine hours carries over after redeployment. Healthy activity—physical, mental and spiritual—was disrupted by a host of factors including operations, the threat of attack, available recreation options and individual motivation. While food in the dining halls at fixed bases was plentiful, many high-fat and high-calorie choices were offered alongside more healthy options.

Horoho said she realized that many of the issues deployment raised about the Triad weren’t exclusive to the Army.

“People are grappling with these questions around the globe, and [the idea of the Triad] resonates with everybody I’ve talked to,” she said during the September workshop. “What we come up with here has got to be something that an individual can grasp, and a leader can grasp. ... It should be a framework for a unit, a command, a Soldier and a Family, and it should be something they can incorporate into their lives.”

She said she also realized that both mindsets and behaviors needed to change.

Attendees at the workshop were charged with using the Performance Triad of sleep, activity and nutrition to build a framework for change. They approached the question by looking at what blocks Soldiers, leaders, units and families from achieving healthy sleep, activity and nutrition. From the list of these blockers, they prioritized the ones that are most important to address—no more than five or so. Then they outlined plans to fix the blockers, which will be presented to medical and Army leaders for approval.

In addition to guidance, Horoho and other medical leaders provided inspiration.

“This is something I am absolutely passionate about; I believe we are going to make great changes in health care and in health,” Horoho asserted. “We’re creating something different than anything we have in the past. We

Healthy Living

For a listing Healthy Living Activities see Page 10

(Army medicine) do health care better than anyone else in the world; now we are going to be the model for delivering health. That’s what you are creating.”

She said she is convinced that people need support, information and education well beyond what can be provided in a clinical setting, in what she calls “the life space.”

“We know that on average our beneficiaries see a healthcare provider five times a year, for 20 minutes at a time—one hundred minutes,” Horoho explained. “We impact the individual’s life with care, but not their health.”

Where health happens, Horoho said, is in the other 525,500 minutes per year. What Army healthcare beneficiaries are doing in those other 525,500 minutes is working, thinking, training, spending time with Family and friends (activity). They’re also food-shopping, cooking, eating and drinking (nutrition). When they’re not engaged in activity or taking

in nutrition, they’re sleeping.

“We need to get people to think about what they are doing,” she said. “We all mean well, but we all want instant results. It [improving and maintaining health] isn’t that easy—it really takes how we, individually, look at activity, nutrition and sleep.”

Some of the broad initiatives that workshop attendees thought would help change mindsets and behaviors in each area of the Triad included:

- Education and training—Some examples include validated tools to assess health information, health product marketing and study results; training in scientifically proven fitness and performance methods.
- Reliable, Army-provided or –sanctioned sources of information, preferably easy to access and use, in formats that leverage current technologies.
- Top leader support and example.
- Clear, consistent messages about

Early intervention critical to treating clinical depression

By **SABRIYA DENNIS**
U.S. Army Public Health Command

October is National Depression Education and Awareness Month.

When feelings of sadness, anxiety or depression linger for long periods of time, it’s possible that a person could be clinically depressed. Depression is a very common condition affecting more than 20 million adults in the United States each year.

The Army’s suicide rate has increased significantly over the past five years. A diagnosis of depression is a risk factor that can contribute to suicidal thoughts, according to the Centers for Disease Control and Prevention. Therefore, it is important to be attentive to signs of depression in others as well as oneself.

Depression is defined in the Diagnostic and Statistical Manual of Mental Disorders, as having five or more specified symptoms occur during the same two-week period of time and representing a change from the previous level of functioning. As part of the criteria, at least one of the symptoms has to be a depressed mood or loss of interest or pleasure. The remaining symptoms are listed below:

- Difficulty concentrating, remembering details, and making decisions
- Energy levels are decreased or feelings of fatigue
- Persistent aches, pains, headaches, cramps, or digestive problems

- Running into feelings of hopelessness and or pessimism
- Experiencing feelings of guilt, worthlessness, and or helplessness
- Suicidal thoughts or suicide attempts
- Sleeping excessively, early morning wakefulness or insomnia
- Irritability, restlessness
- Overeating or loss of appetite
- No interest in activities or hobbies once pleasurable, including sex

Issues such as loneliness, financial strain, lack of social support, relationship problems, unemployment, trauma, death of a loved one, alcohol or drug abuse, childhood abuse, family history of depression, health problems or a recent stressful life experience can place a person at risk for depression. Though everyone may experience one or more of these issues, not everyone will respond to them in the same way.

The same is true for depression; not everyone experiences or exhibits depressive symptoms in the same manner. The following are common symptoms of depression for various groups:

- Men: fatigue, irritability, sleep problems, violence, reckless behavior and substance abuse
- Women: feelings of guilt, excessive sleeping, overeating and weight gain
- Youth: Irritability, hostility, quick temperedness, unexplained aches and pain. If left untreated, these symptoms

what to do, when and how often to do it, and the whys behind good health practices.

- Practice and policy based in sound (evidence-based) science.

The workshop brought together more than 80 medical and scientific experts from fields as diverse as sports medicine, exercise physiology, physical therapy, psychology, public health, clinical medicine, medical research, health promotion, dietetics, molecular biology, marketing and management from the Department of Defense, the Department of Veterans Affairs, the American College of Sports Medicine and other non-profit and private sector organizations, and from academia. Some of them have published books, and articles in scientific journals and in the popular press.

Maj. Gen. Jimmie O. Keenan, whose Aberdeen Proving Ground-based staff provided public health expertise and planned the workshop, seconded Horoho’s vision of influencing the health of the Army and the nation.

“We are here because we are concerned about the state of the health of America’s sons and daughters,” Keenan said. “Innovative ideas from the Army medicine plan for a healthy force can influence the nation.”

can lead to problems at home and school, or drug abuse.

Depression is treatable and beatable. Treatment for depression should be sought as early as possible so the individual can return to a healthy lifestyle and minimize the risk of greater illness. Treatment for depression includes the use of antidepressant medications, psychotherapy or a combination of both.

If you or someone you know is in a crisis, seek help immediately.

- Call 911.
- Visit the emergency room or speak to a healthcare provider.
- Call 1-800-273-TALK (1-800-273-8255); TTY 1-800-799-4TTY (4889) to speak with a trained counselor. This is a 24-hour toll-free hotline provided by the National Suicide Prevention Lifeline.

If you are not sure if you or your loved one is experiencing depression, private screening tools are available online that provide immediate feedback. Screening tools, tips and more information about depression can be found at:

Military mental health, **www.military-mentalhealth.org**
Help Yourself Help Others, **www.helpyourselfhelpothers.org**
Screening for Mental Health, **www.mentalhealthscreening.org**
Centers for Disease Control and Prevention, **www.cdc.gov/Features/Depression/Helpguide**, **www.helpguide.org**

Healthy

Living

Health Promotion Activities

■ Oct. 9 – 12 has been designated as Healthy APG Week. This week will support Healthy Harford Day on Oct. 13 and National Food Day on Oct. 24, 2012. Throughout the week, the Community Health Promotion Council and the U.S. Army Test and Evaluation Command will host screenings of The Weight of the Nation, prepared by the Centers for Disease Control and Prevention (CDC). Learn more about the obesity epidemic and how each of us can help reverse obesity in our communities. Showings will occur at ATEC, Bldg. 2202 and at the APG North (Aberdeen) recreation center. Family and Morale, Welfare and Recreation (MWR) locations such as Top of the Bay, the Bowling Center and the Sutherland Grille at Ruggles Golf Course will offer delicious healthy options on Oct. 10 – 11. Choose from healthy paninis from the bowling center, grilled tilapia with vegetables from Top of the Bay or Vegetarian Wheat wrap or wheat pasta in red sauce from the Sutherland Grille.

Ending the week is Healthy Harford Day held at the Bel Air Farmer’s Market at the corner of Hays and Thomas Streets, in Bel Air, an event you will not want to miss. Healthy Harford Day runs from 8 to 11 a.m. and offers samplings of what is happening to make Harford County one of the healthiest areas in Maryland. The morning starts off with Yoga, cooking demonstrations, Pilates and Zumba. There will be a presentation from Councilwoman Mary Ann Lisanti on the Obesity Task Force and door prizes. Bring your bike and join others for a leisurely bike ride, get free health screenings or learn some gardening tips. There is something for everyone. For more information, contact Gale Sauer, ATEC, at 443-861-9260. On-post viewings of Weight of the Nation: Oct. 9 - 12 at ATEC HQ, Bldg. 2200, Room A105, 2 to 3 p.m.

Soldier, civilians retire with 79 years combined service

By **RACHEL PONDER**
APG News

A Soldier and two civilians with 79 years of combined experience formally retired in front of Family and friends during a Sept. 27 ceremony at Aberdeen Proving Ground’s Ball Conference Center. The honorees included Lt. Col. Stephen G. Kneeland, from the U.S. Army Test and Evaluation Command; William C. Blair, from the U.S. Army Communications-Electronics Command and Barbara A. Wolfe from the U.S. Army Research Laboratory. The ceremony was hosted by the ATEC Commanding General, Maj. Gen. Genaro Dellarocco. Chaplain (Col.) David Hills from ATEC gave the invocation. “These individuals represent dedication, commitment and selfless service to the United States Army,” said narrator Celestine Beckett from the Directorate of Human Resources.

Lt. Col. Stephen G. Kneeland
Kneeland received the Meritorious Service Medal; the Presidential Certificate of Appreciation signed by President Barack Obama; and the Certificate of Retirement signed by Gen. Raymond T. Odierno U.S. Army Chief of Staff. Kneeland also received the U.S. flag and pin. Kneeland’s wife, Jamie received the Department of the Army Certification of Appreciation signed by Odierno. Kneeland officially retired on Oct. 1 with 20 years of service. Kneeland graduated from the United States Military Academy at West Point, N.Y., and received his commission as an aviation officer in 1992. In 1993, he served his first operational assignment with the 10th Aviation Brigade, 10th Mountain Division at Fort Drum N.Y. In 1994, Kneeland deployed to Operation Uphold Democracy in Port Au Prince, Haiti, serving as Task Force S4. In January 2006, he deployed as



Lt. Col. Stephen G. Kneeland
Chief of Aviation Operations to Afghanistan for Operation Enduring Freedom. Kneeland was reassigned in December 2009 to the Army Test and Evaluation Command, to serve as the senior evaluation officer for the Army Evaluation Center and Future Force Evaluation Directorate. Upon the directorate’s disbandment and personnel realignment in March 2011, Kneeland assumed duties as the senior evaluation officer and ATEC Army Expeditionary Warrior Experiment Analysis team lead in Maneuver Ground Evaluation Directorate until the present. His awards and decorations include the Meritorious Service Medal, Air Force Commendation Medal, and the Air Force Outstanding Unit Award with Valor, to name a few.

William Blair
Blair was awarded the Army Achievement Medal for Civilian Service, the Department of the Army Certificate of Appreciation and the Department of the Army Certificate of Retirement signed by the Director of the Communications-Electronics Research, Development and Engineering Center Jill H. Smith. Blair officially retired June 1 with 32 years of government service. Blair received his Bachelor of Science degree in chemical engineering from the State University of New York



William Blair
in 1979. After graduating, he began his government career at the Development and Readiness Command Intern Training Center at Red River Army Depot in Texarkana, Texas, as a general engineer. In 1980, he was assigned to the Logistics Engineering Directorate of Communication Electronics Material Readiness Command in Fort Monmouth, N.J. In 1998, Blair was assigned as project leader for the high speed multiplexer card program which evolved into the tactical high speed data network. In 2004, he became the initial project leader for the joint network node shelter, a position he held until his retirement. Blair culminates his career as an electronics engineer with the Communications-Electronics Command.

Barbara Wolfe
Wolfe was awarded the Department of the Army Certificate of Appreciation and the Department of the Army Certificate of Retirement signed by the director of the U.S. Army Research Laboratory John M. Miller. Wolfe’s husband, John, also received a certificate of appreciation from ARL, signed by the director of Survivability/Lethality Analysis Directorate Paul J. Tanenbaum. Wolfe officially retired June 30 with over 27 years of dedicated service. Wolfe began her federal career in February 1985 with the U.S. Army Garrison at Aberdeen Proving Ground, accepting



Barbara Wolfe
an auditor position with Internal Review and Audit Compliance. Other positions she held include: accountant, management, program analyst and operations research analyst. During her career, Wolfe earned a Master’s degree in management and a second Master’s in operations research. In 1998, she accepted an operations research analyst position with ARL. Throughout her career, she received numerous performance awards and accolades which coincided with exceptional performance ratings and she has made lasting contributions to the Army. For example, as an accountant she proposed a more efficient office layout that saved tens of thousands of dollars by aligning the staff in accordance with the flow of paperwork. Wolfe also set up, organized and developed a process for the ARL Joint Trauma Analysis and Prevention of Injury in Combat Fragment Program that was transferred to fellow employees. This effort was her way of telling the rest of each Soldier’s story. Results from this effort were co-published in five technical reports. She also devised and set up a Wound Ballistic Artifacts computer storage repository, which would ultimately link to other local artifact databases. Wolfe plans to stay busy in her retirement by teaching local Zumba classes



Community gathers for Hooah with Oompah



Photo by Kelly Luster

SERVING UP A GOOD TIME

Maj. Gen. Robert S. Ferrell, installation and CECOM commander, fills a Hooah with Oompah mug after successfully tapping the keg to kick off opening night of the inaugural APG Oktoberfest Sept. 27



Photo by Yvonne Johnson

PRINCE IN THE SAUCER

Little Elijah Greer, 4, of Aberdeen sports a paper crown he made at the CYSS arts and crafts booth while waiting for the ride to start in the Family and Kidz Corner during opening night festivities at the APG Oktoberfest.



Photo by Yvonne Johnson

A TOAST!

The Alte Kumpel Band charms the audience with traditional Oompah Oktoberfest music.



Photos by Yvonne Johnson

SOMETHING FOR EVERYONE

Volunteers and staff members from APG youth centers lead moms and toddlers in arts and crafts projects at the Child, Youth and School Services booth.



SHALL WE DANCE?

Ron and Jeanne Brasefield of Bel Air enjoy a dance in their authentic German garb. The couple won the first German costume competition of the Oktoberfest celebration.